

TRUTH OR TOXIC REFLECTION SHEET

A Survivor-Centred Awareness Tool

SECTION 1: Understanding Your Experience

Read each statement and tick what feels true based on your experience.

Statement	Truth (Healthy)	Toxic (Unhealthy)	Not Sure
I felt emotionally safe in the relationship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I could express myself without fear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My feelings were respected	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt calm and secure most of the time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conflicts were resolved respectfully	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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SECTION 2: Mixed Signals & Confusion

Read each statement and tick what feels true based on your experience.

Statement	Truth	Toxic	Not Sure
Their behaviour was consistent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What they said matched what they did	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often felt confused after conversations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I found myself overthinking everything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt like I was the problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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SECTION 3: Emotional Impact

Read each statement and tick what feels true based on your experience.

Statement	Truth	Toxic	Not Sure
I felt confident in myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I trusted my instincts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt emotionally drained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt anxious more than peaceful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt like I was losing myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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SECTION 4: Patterns in the Relationship

Tick any that feel familiar:

- Intense connection at the beginning
- Things changed suddenly
- Hot and cold behaviour
- Blame was often shifted onto me
- I felt responsible for their emotions
- I stayed hoping things would go back to how they were

SECTION 5: Your Awareness

Take a moment to reflect:

What am I starting to see clearly now?



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SECTION 6: Your Truth

What have I been ignoring or minimising?

SECTION 7: Gentle Reality Check

Read this slowly:

- You are not “too sensitive”
- Your confusion has a cause
- Your feelings are valid
- You were responding to what you experienced



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SECTION 8: One Small Step

What is one small step I can take after this?

- Talk to someone I trust
- Journal my thoughts
- Take space to reflect
- Learn more about these patterns
- Join a supportive space

CLOSING

- *You are allowed to understand your experience.*
- *You are allowed to trust what you feel.*
- *You are allowed to choose peace.*

Join the SOAQ community for:

- ✓ Real conversations
- ✓ Healing tools
- ✓ Safe spaces

Join
The Queen's Rise Circle



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